

Fastkins 531RPTTTlol Plan: All Dem Numbers Doe

If you looked at the charts, you probably saw lots and lots of numbers. Even the weekly logs look daunting to some people. Here's the bottom line:

I like numbers. I have a minor in math left over from my start in college as an engineering major. It is relaxing and motivating to play with numbers and data in a spreadsheet. You do not have to do this. I don't even think most people should track themselves this way.

I weighed myself daily and tracked my weekly average weight. I did caliper testing weekly. I took measurements weekly. I tracked estimated bodyfat using several methods (none of which are fantastically accurate, but I was hoping for accuracy-by-committee).

The difference between me and the average person is that (a) I have done this before, so I know without a doubt I will do it again and (b) I understand a lot more about weight loss than most. So, when I woke up Monday in Week 6 and I was back above 185 pounds, I didn't flip out and go looking for another plan. I assumed it was hormonal or possibly too much carbing the previous weekend. Two days (and two fasts later), I'm back on track with my goals.

The human body is an amazing piece of bio-engineering and you must accept that we don't understand it as well as someone selling you something would like you to believe. We did not arrive at this plan by accident. We used trial-and-error. Will this work for you? Beats me.

For the average person, do the following:

- 1) Have someone measure your chest, waist (at narrowest), waist (at navel), waist (at hips), hips (at widest, google it). You can also measure whatever else you like. This is just to track your actual body size.
- 2) Get caliper testing done (although it would be awesome if you could have one of the submersion or DEXA readings) when you start, at the midpoint, and at the end. Or even just at the start and end.
- 3) Weigh yourself in the morning after each full day's fast (don't drink water first, do use the restroom) and develop an average weekly weight. You can also weigh yourself the morning after your re-carb day, if you want a weight that is more accurate of "typical you".

- 4) If you're not losing whatever you want to lose on a weekly basis, cut back calories. Increasing your activity level may lead to injury, so that's your personal decision. Set a reasonable damn goal for weight loss. Two pounds per week unless you're obese; one pound or less if you're already pretty lean.
- 5) You might also look at how you're deciding how much to eat. I went by several website estimations and took the average, then rounded DOWN (so 2200 became 2000 calories for daily TDEE). I multiplied that by 7. So, I need roughly 14,000 calories per week to stay the same. To lose 1.5 pounds, I need to cut approximately 4250 calories per week. $14,000 - 4250$ means about 10,000 calories per week. Distribute as you see fit.

If you're concerned about how flippant I am about numbers, it's because the numbers are just fun for me. I have researched enough to know that it is fallacious to believe you "know" exactly how many calories you're eating or burning, not to mention the studies showing the burning 3500 calories may not guarantee a lost pound of fat. My cousin doesn't keep logs like me. Hell, he doesn't even track his calories.